



Volunteers Needed

- **OEF/OIF Veteran**
- **Deployment-related brain Injury**
- **Men ages 20-50**

This study will evaluate the effectiveness of **relaxation training** (iRest Yoga Nidra) compared with routine symptom management for pain using psychological testing & hormone measures. To be eligible you must pass screening measures. Time: 2 visits to the VAMC per week for 8 weeks, for testing & relaxation training. **iPods** will be given to participants for relaxation training practice.

Call Julie Chapman, PsyD, Principal Investigator, 202-745-8000 Ext. 7553 at the DC Veteran Affairs Medical Center to learn more about this study.